

Submitter: Riley Cushing  
On Behalf Of:  
Committee: House Committee On Behavioral Health and Health Care  
Measure, Appointment or Topic: HB2143

To Chair Nosse, Vice Chairs Nelson and Javadi, and Members of the Committee:

My name is Riley Cushing. I'm a second year student practicing community acupuncture in Portland. I've also worked in various settings to support people who are experiencing crisis. I'm writing in support of Oregon House Bill 2143. I believe the proposal to allow non-LACs to be trained to administer 5NP would open up access to an important resource for communities struggling with the impacts of trauma/ addiction.

In the eight years that I've worked doing direct mental health support, I've witnessed the harm and escalation that dominant responses to mental health crisis/ addiction can cause. When someone is experiencing a crisis, there are limited options for support that do not involve potentially interacting with the police, being forcibly held in an institution, or being coerced to engage in a treatment option. I've witnessed the harm that can occur when people experience loss of agency and dehumanization as they engage with limited options for support.

5NP is an effective form of direct support that uses 5 acupuncture points in each ear to calm the nervous system, ease emotional distress, and support the body to heal. 5NP is a safe, low-cost, non-invasive, trauma-informed treatment that is a much-needed alternative to other more forceful responses to mental health crisis/ addiction. House Bill 2143 would enable non-licensed acupuncturists to become certified as acudetox specialists/ auricular acupuncture technicians to administer 5NP in a wide variety of settings. Please vote to support House Bill 2143, to open up access to 5NP as a resource for people who seek to heal from the impacts of trauma/ addiction.

Thank you for your consideration,  
Riley Cushing